

Group Ex classes January 2024

MONDAY			
6-7am	FTC	Total Body HIIT	Mike
7.10-7.50am	A	Stretch	Susan
8-8.55am	A	Esterize/step mix interval	Ester
9:05-9:50AM	FTC	Box Mix for Stability	Ester
9-9.45 am	C	Cycle	George
9-9:55 am	A	Mobility Work	Robin
10-10:55 am	A	Easy Does It	Helena
11-11:55 am	A	Total Body HIIT	Marti
12-1pm	A	BODYPUMP	Marti
3-4PM	A	Yoga	Judy
5.20PM-6.05PM	A	Xpress BODYPUMP	Sanja
5.30PM-6PM	A	HIIT en español NUEVA!	Michelle
6.15-7.15PM	A	Pilates	Holly
TUESDAY			
6-6:45 am	C	Cycling	Alexandra
8-8:55 am	A	Estelatte	Ester
9-9:55 am	A	Step aerobics Interval mix	Robin
10-11am	A	Barre Blend	Ashleigh
11-11:50am	A	Senior Workout	Ester
12-1pm	A	Yoga	Jacqueline
2-2:45PM	A	Brain, Body and Balance	Ester
4-4.55PM Cardio	A	Low Impact Cardio, S,B,A	Ester
5.10-6.10PM	A	BODYPUMP	Kelly
5.30-6PM	FTC	HIIT	Jeff
6.15-7PM	A	Bootcamp	Mike
7.10-8PM	A	Yoga	Kim
WEDNESDAY			
6-7am	FTC	Total Body HIIT	Mike
7.10-7.50am	A	Stretch	Susan
8-8.55am	A	Esterize/step mix interval	Ester
9:05-9:50AM	FTC	Box Mix for Stability	Ester
9-9.45 am	C	Cycle	George
9-9:55 am	A	Mobility Work	Robin
10-10:55 am	A	Easy Does It	Helena
11-11:55 am	A	Total Body HIIT	Marti
12-1pm	A	BODYPUMP	Marti
3-4PM	A	Yoga	Judy
6-7PM	A	Cardio Dance	Crystal

THURSDAY			
6-6:45 am	C	Cycling	Alexandra
8-8:55 am	A	Estelatte	Ester
9-9:55 am	A	Step aerobics Interval mix	Robin
10-11am	A	Barre Blend	Ashleigh
11-11:50am	A	Senior Workout	Ester
12-1pm	A	Yoga	Jacqueline
2-2:45PM	A	Brain, Body and Balance	Ester
4-4.55PM Cardio	A	Low Impact Cardio, S,B,A	Ester
5.10-6.10PM	A	BODYPUMP	Katie/Sanja
5.30-6PM	FTC	HIIT	Jeff
6.15-7PM	A	Bootcamp	Mike
7.10-8PM	A	Yoga	Kim

FRIDAY			
6-7am	FTC	Total Body HIIT	Mike
8-8.55	A	Strength & Core	Ester
9-9.55am	A	Yoga	Judy
9-9.45 am	C	Cycle	George
10-11am	A	Cardio Dance	Helena

HAPPY NEW YEAR
2024!

SATURDAY			
8.15-9.10am	A	Step Aerobics Interval	Y staff
9-10am	C	Cycle	Y staff
10-11AM	A	Yoga	Maia

A=Aerobic Studio C=Cycling Studio FTC= Functional Training Center

Any class with less than five participants is subject to cancellation.

Vote with your attendance!!!!



Class Descriptions J.F. Hurley YMCA - Salisbury

828 Jake Alexander Blvd. West
SALISBURY, NC 28147
(704) 636-0111

Total Body HIIT - Total Body HIIT consists of short, intense anaerobic exercises with recovery periods. Strength and cardio exercises included. Different intensities shown.

Barre Blend - Transform your body with this full body workout using light weights or just your body weight. Low impact small movements that strengthen and tone. Ballet inspired. No experience necessary.

BODYPUMP - A barbell workout using light to moderate weights and high reps to get you lean and toned!

Bootcamp - Improve strength, endurance, speed, agility and balance with challenging exercises.

Box Mix for Stability - This class will have aerobic, strength training, agility, balance and multi tasking exercises, flexibility and yoga stretches, focusing on people who have been diagnosed with movement disorder.

Brain, Body, and Balance - This class is focused on people with cognitive and movement disorders. Class format is to retrain and/or train functional movements using mind and body exercises. Many movements from chair, if able also standing.

Cardio Dance - Get your cardio on and have fun doing it, using dance moves and great music.

Cycling Class - Class taught on a stationary bike. Let your instructor take you through a virtual bike race accompanied by exciting music.

Dance & Sculpt - Have fun while you are working out! This class is dance cardio paired with strength training.

Estelatte aka Yoga Flow - A combination of Tai Chi, Yoga, Pilates, strength, tone, flexibility, and relaxation by Ester!

Esterize/step mix interval - A fun cardio strength mixed workout using a step or no step. Low and high level offered!

HIIT - Train with high intensity intervals to experience the ultimate conditioning workout.

HIIT EN ESPANOL - Entrenar con alta intensidad para experimentar el entrenamiento de acondicionamiento definitivo

Line Dance - Line Dancing is a 1-hour class incorporating a variety of dance moves to boost your cardio fitness.

Low Impact cardio, strength, balance and agility - Low impact exercise raising our heart rate, having a lot of fun, working on strength, balance and agility. Never boring! We will go the floor but chair is optional!

Mobility Work - This class will be focusing on total body strength and toning including flexibility and yoga using fitness balls, weights, and more! NO impact!

Pilates - Using a variety of small equipment (straps, bands, balls or smart bells), this mat class focuses on your intrinsic core muscles.

Senior Workout - A great low impact workout focusing on cardio, strength, balance and agility. Can be done in or out the chair. Will NOT go to the ground

Step Interval MIX - Besides step aerobics, there will be some circuit, including strengthening and toning.

Strength and Core - A challenging full body workout for strength and strength endurance with extra core added for an amazing total body strength workout!

Stretch and Balance - A mind and Body class using gentle yoga moves focusing on stretching and balance

Yoga - Increase flexibility with a mixture of fast and slow yoga flow series.

Yoga with Kim - This is a vinyasa yoga class that will combine asanas, yoga poses, and pranayamas (breathwork), and meditation. This class is designed to harmonize your body, mind, and spirit as you will honor our energetic levels at the end of the day.

Activity Pool @ J.F. Hurley YMCA

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
6am	Pool Open	Pool Open	Pool Open	Pool Open	Pool Open		
8am						Pool Open	
9am	Cardio & Stretch 9am-9:45am		Cardio & Stretch 9am-9:45am			Super Splash 9am-9:45am	
10am	Aqua Blast 10am-10:45am	Gentle Water 10am-10:45am	Aqua Blast 10am-10:45am	Gentle Water 10am-10:45am	Aqua Burn 10am-10:45am		
1pm	Pool Closed 1-4	Pool Closed 1-4	Pool Closed 1-4	Pool Closed 1-4	Pool Closed 1-4		Pool Hours 1:30pm-3:30pm
3pm						Pool Closed	
6pm		Cardio with Orlando 6pm-6:45pm		Cardio with Orlando 6pm-6:45pm	Pool Closed		
7pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed			

Please note all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting an exercise program.

Aqua Blast-Energetic class, easy to follow moves to create a dynamic and revitalizing workout.

Aqua Burn-Moderate-High Intensity. Come ready to work

Cardio & Stretch-Strengthen core and stretch body using the water's natural resistance to assist with your fitness goals.

Cardio with Orlando-Moderate aerobic water workout. Come have fun, get fit and enjoy!

Gentle Water-Low Impact water exercise with gentle stretching

Super Saturday Splash-High Impact total body cardio and strength

*****All Classes Subject to Cancellation with less than 3 Participants*****

Lap Pool @ J.F. Hurley YMCA

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
6am	Pool Open HS Swim Prac 6am-8am Lanes 1-5	Pool Open RAC Masters 6am-7:15am	Pool Open HS Swim Prac 6am-8am Lanes 1-5	Pool Open RAC Masters 6am-7:15am	Pool Open HS Swim Prac 6am-8am Lanes 1-5		
8am		Tom's Turtles 8am-9am		Tom's Turtles 8am-9am		Pool Open Swim Team 8am-10am	
11am		Deep Water Aerobics 11am-11:45 15 Max		Deep Water Aerobics 11am-11:45 15 Max			
1pm	Pool Closed 1pm-3pm	Pool Closed 1pm-3pm	Pool Closed 1pm-3pm	Pool Closed 1pm-3pm	Pool Closed 1pm-3pm		Pool Hours 1:30pm--3:30pm
3pm		HS Swim Prac 3pm-4pm Lanes 1-2		HS Swim Prac 3pm-4pm Lanes 1-2		Pool Closed	
4pm	Swim Team Practice 4pm-8pm	Swim Team Practice 4pm-8pm	Swim Team Practice 4pm-8pm	Swim Team Practice 4pm-8pm	Swim Team Practice 4pm-6pm		
6pm					Pool Closed		
8pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed			

***All Activity Pool and Lap Pool information is available on the YMCA360 app!!!**